

# COMP CONTROL<sup>®</sup>

*The Official KMIT Member Resource*

## *Heat-Related Illness*

It's summertime, and that means activities and fun under the sun! Whether you love putting on shorts and feeling the warm outdoors, or find it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day.

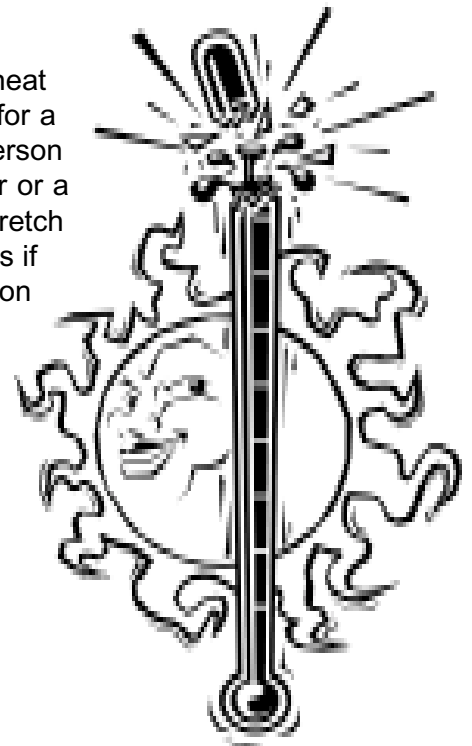
Normally, the body has ways of keeping itself cool, by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness. Anyone can be susceptible although the very young and very old are at greater risk. Heat-related illness can become serious or even deadly if unattended.

### **Stages of Heat-Related Illness**

Heat-related illness usually comes in stages. The signal of the first stage is heat cramps in muscles. These cramps can be very painful. If you are caring for a person who has heat cramps, have him or her stop activity and rest. If the person is fully awake and alert, have him or her drink small amounts of cool water or a commercial sports drink. Gently stretch the cramped muscle and hold the stretch for about 20 seconds, then gently massage the muscle. Repeat these steps if necessary. If the victim has no other signals of heat-related illness, the person may resume activity after the cramps stop.

The signals of the next, more serious stage of a heat-related illness, often call heat exhaustion, include:

- Cool, moist, pale skin (the skin may be red right after physical activity);
- Headache;
- Dizziness and weakness or exhaustion;
- Nausea;
- The skin may or may not feel hot.





## Letter from the Pool Administrator

**Mark Arbutnot** - President  
Abilene

**Cherise Tieben** - Vice President  
Dodge City

**Ron Pickman** - Treasurer  
Goodland

**Kelly DeMeritt** -  
Immediate Past President  
Atchison

**Paul Sasse**  
Independence

**Willis Heck**  
Newton

**Shawn Morgan**  
Derby

**Carl Myers**  
Wellington

**Nancy Calkins**  
Mission

**Keith DeHaven**  
Sedgwick

**Gary Hobbie**  
Russell

**Don Moler**  
LKM Executive Director  
Ex Officio

**Don Osenbaugh**  
Pool Administrator

**Victoria Vanderhoof**  
Claims Adjuster  
Insurance Management Associates

**Paul Davis**  
Assistant Risk Control Manager  
Risk Management Associates

*Comp Control is a publication of the League of Kansas Municipalities and the Kansas Municipal Insurance Trust for the purposes of educating and informing cities about loss control methods and risk management. If you have any questions concerning KMIT workers compensation or risk management that you would like to see answered in this newsletter please direct those inquiries to:*

**Kansas Municipal Insurance Trust**  
300 SW 8th Avenue  
Topeka, KS 66603  
Phone: (785) 354-9565  
Fax: (785) 354-4186

**Wendy Flowers**  
Editor

©Copyright 2001 by the League of Kansas Municipalities. No portion of this publication may be reproduced without permission from the publisher. Contents herein are not intended to provide specific legal or medical advice. Readers should seek advice on specific concerns from a qualified professional.

Dear KMIT Members,

Greetings from the KMIT staff! And, we really do have a full staff - finally. Just this week, Mylena Sutton was hired by the LKM as Program Manager. Mylena starts on July 24, and will be, among her other duties, the other licensed KMIT agent (along with yours truly), and will work in marketing and training areas for KMIT. Also, we have a new Administrative Assistant, Wendy Flowers. Wendy is editing this edition of Comp Control, and is the primary KMIT contact at the League office (wflowers@networksplus.net). As you probably already know, the fourth member of the KMIT staff is Denise Humphrey, who is the LKM and KMIT bookkeeper.

The big news is that we are quickly closing in on 100 member cities, as Hays became number 99 on July 1. Hays and the other new cities are listed elsewhere in this publication. (Overall, there have been a total of 104 cities in KMIT at one time or another, but this marks the first time to this level of current members, at any one point in time.)

Staff has been busy updating all our individual city information. A form was recently distributed to all member cities, and most have been returned. Please send us yours if you haven't yet. We're also busy planning for the KMIT Annual Meeting and the 6th Annual KMIT Golf Tournament. Both will be held in conjunction with the LKM Annual Conference, which is in Wichita, on October 6 through 9. The golf tourney is on Saturday, the 6th, at Sim Municipal Golf Course in Wichita (an "early registration" flyer accompanies this mail out). The KMIT Annual Meeting will be a breakfast on Monday morning, the 8th. Also, please plan to stop by the KMIT booth in the exhibitors' area at the conference, and say hi.

To this date, 2001 has been a very good year for KMIT. Membership has grown significantly; work-related injuries are certainly at a "tolerable" level. Obviously, KMIT cities are doing a great job promoting safety and taking care of those employees who have been injured. As always, thanks to the staff at IMA (Victoria and Paul and the others) for the great work they do.

Lastly, please note that we have two new KMIT Trustees - Mayor Keith DeHaven of Sedgwick and City Manager Gary Hobbie of Russell. Nancy Calkins has been reappointed to the Board, now representing the City of Mission. Several Trustee positions come open in October; give me a call (316-259-3847) or email (dosenbaugh@kscable.com) if someone in your city is interested.

See you in Wichita.

**Don Osenbaugh**

Don Osenbaugh



"Safe City"

Spotlight on

Minneapolis

The success KMIT rests on the ability of member cities to control losses. We want to take this time to highlight a city that has taken the time and effort to ensure that employee safety is incorporated into everyday operations.

The City of Minneapolis, Kansas is one such city which has shown that safety can be instilled in every city operation. Tom Gregg, City Compliance Officer for the city of Minneapolis, is a large part of Minneapolis's success. Tom's duties as a Compliance Officer is to enforce city codes, complete building inspections and direct the safety activities of the city. The City of Minneapolis does not have the funds to employ a full time Safety Director, however, the city depends on the guidance of Mr. Gregg along with the knowledge and skill of their employees to perform all jobs safely.

The City of Minneapolis currently has 23 employees on staff, and Mr. Gregg ensures that the Safety Committee meet monthly to review any incidents or accidents to determine cause and preventability, suggestions of any safety ideas from the committee to improve current safety practices, and general communication of current safety activities in place.

Every month Mr. Gregg is responsible for performing Employee Safety Meetings, which consist of one to two hour sessions of safety topics, which range from regulatory topics to seasonal safety issues such as employee's exposure to heat, snow removal and slips and falls. Mr. Gregg will go the extra mile of not only ensuring that his city will meet the requirements of KMIT's Safety Olympics Gold Certification; he also invites surrounding communities to attend his safety meetings, and loans out safety equipment when surrounding communities are in need.

The City of Minneapolis, through Tom Gregg's assistance and direction, has achieved the Gold Certification since the inception of KMIT's Safety Olympics. Through Mr. Gregg's assistance, another surrounding KMIT community has reached the Gold certification.

The city's loss experience of claims shows their commitment to safety. Since Minneapolis has been in the Kansas Municipal Insurance Trust, KMIT has not paid a single dollar out on workers compensation claims to the city. This not only benefits the City of Minneapolis's premium, but also benefits all members of KMIT.

After several visits to the City of Minneapolis, the safety culture is very apparent. Without the support of Upper Management and the City Council, Tom Gregg would not have the ability to perform all of his duties as a Compliance Officer. Without the support and commitment of the city crew, the City of Minneapolis would not be able to achieve this level of success.

The City of Minneapolis exemplifies what a city can achieve when all parties come together to for a common good.

Congratulations to the City of Minneapolis.

Article by Chris Retter

Chris Retter, of IMA, performs safety audits for KMIT member cities, and advises KMIT on matters of risk management.

Late-stage signals of heat-related illness (often called heatstroke) include:

- Vomiting;
- Decreased alertness level or complete loss of consciousness;
- High body temperature, sometimes as high as 105° F;
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot, and dry;
- Rapid, weak pulse;
- Rapid, shallow breathing;

This late stage of a heat-related illness is life threatening. Call 911 or the local emergency number.

## **General Care for Heat Emergencies**

1. Cool the Body
2. Give Fluids
3. Minimize Shock

For heat cramps or heat exhaustion: Get the person to a cooler place and have him or her rest in a comfortable position. Give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets.

For heat stroke: Heat stroke is a life-threatening situation! Help is needed fast. Call 911 or your local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

## **Preventing Heat-Related Illness**

- Dress for the heat;
- Drink water;
- Eat small meals and eat more often;
- Avoid using salt tablets unless directed to do so by a physician;
- Slow down;
- Stay indoors when possible;
- Take regular breaks.

*Source: American Red Cross*

### ***New Cities***

The continuing efforts toward growth are proving to be successful. KMIT is very pleased to welcome Grainfield and Hays to the members list for 2001.

"This just in - - City of Tipton becomes 100th KMIT Member - - more next month!"

# Claims

## 2001 Frequency and Cost Analysis—Top 5 1/1/01 through 7/17/01

### By Job Classification

Classification	Frequency	Claim Costs
Police Officers & Drivers	58	\$ 57,182
Waterworks Operators/Drivers	43	\$ 26,358
Street/Road Construction	41	\$ 95,540
Firefighters & Drivers	38	\$ 10,326
Garbage Collection	21	\$ 7,105

### By Accident Type

Type	Frequency	Claim Costs
Fall or Slip Injury	74	\$ 59,580
Strain or Injury by lifting/pushing/carrying, etc.	54	\$133,142
Cut/Puncture/Scrape	39	\$ 3,942
Miscellaneous Cause, animal, insect, robbery, etc.	37	\$ 27,715
Occupational Hazards	31	\$ 10,708

### By Part of Body

Part of Body	Frequency	Claim Costs
Low Back Area	37	\$ 62,121
Knee	28	\$106,399
Fingers	24	\$ 3,390
Upper Arm	23	\$ 5,705
Hand	17	\$ 6,108

*Note—The above figures are based on claims reported as of 7/17/01. Amounts listed for claim costs are amounts incurred to date.*

Your Pool in Action

# Member Notes

## Calendar of Events

### August

- 10 Municipal Leadership Academy - KOMA/KORA, Lawrence
- 14 League Policy Committee/ Public Personnel, Topeka
- 16 League Policy Committee/ Finance/Taxes, Topeka
- 17 MLA - KOMA/KORA, Russell
- 18 MLA - KOMA/KORA, Wichita
- 21 League Policy Committee/ Water & Environment, Wichita
- 23 League Policy Committee/ Legislative, Topeka
- 24 KMIT Board of Trustees Meeting Atchison

### September

- 3 Office Closed for League Holiday
- 7 League Governing Body Meeting Colby
- 8 MLA - Elections, Independence
- 14 MLA - Elections, Dodge City
- 15 MLA - Elections, Lindsay
- 23-26 International City/County Management Association Annual Conference, Salt Lake City, Utah

### October

- 6 KMIT Golf Tournament - Sim Park Golf Course, Wichita
- 8 KMIT Annual Meeting @ IKM Conference, Wichita

## Safety success

The following cities had not reported any claims in 2001 as of 6/29/01

Allen	Grainfield	Ogden
Altamont	Greeley	Oskaloosa
Andale	Granola	Oswego
Bel Aire	Hillsboro	Ozawie
Beverly	Holcomb	Peabody
Bird City	Jetmore	Princeton
Bison	Johnson City	Ransom
Brewster	Lenora	Roeland Park
Chautauqua	LKM	Seclan
Cheney	Lucas	Sedgwick
Conway Springs	McFarland	Spearville
Cullison	Melvorn	Tonganoxie
Esbon	Moline	Treco
Ford	Montezuma	Turon
Galena	Mound City	Wakefield
Glen Elder	Oberlin	Walton
		Wellsville

## K M I T

Revenues & Expenses  
June 30, 2001

<i>Combined Balance Sheet</i>		
Cash in Bank		153,593
Premiums Outstanding		
Investments		2,100,081
<b>Total Assets</b>		<b>2,253,673</b>
Claims Payable		(482,860)
Reserved for Losses		533,809
Incurred But Not Reported (IBNR)		1,758,038
<b>Total Liabilities</b>		<b>1,808,987</b>
<b>KMIT Equity</b>		<b>444,686</b>
<b>Total Liabilities and Equity</b>		<b>2,253,673</b>

COMP CONTROL®

